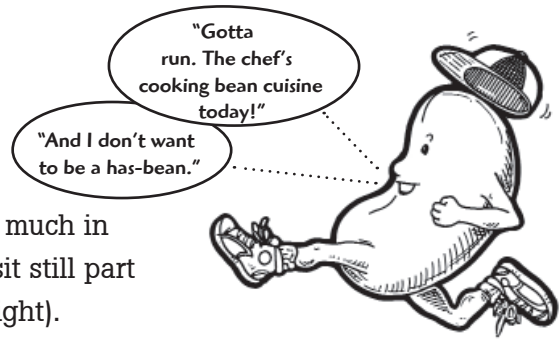


WEEKLY ACTIVITY TALLY

Name _____



Are you an active, busy kid full of energy? Or do you sit too much in front of the television or computer? Every day, we have to sit still part of the day (in school) and our bodies also need to rest (at night).

- Other times, though, our bodies need to **MOVE**. Not only does moving our bodies work our muscles, strengthen our heart and keep us healthy, it can also be a whole lot of **FUN**!
- It is important to be active for at least **one hour** every single day. Keep track of your activities this week. Keep a tally of how many times you participate in an activity and also how many total minutes that you spend in this activity.

AEROBIC * ACTIVITIES

Try for at least **five** each week

___ Biking ___ minutes	___ In-line Skating ___ minutes	___ Dancing ___ minutes
___ Fast Walking ___ minutes	___ Cross-Country Skiing ___ minutes	___ Jumping Rope ___ minutes
___ Running ___ minutes	___ Hiking ___ minutes	___ Swimming ___ minutes
_____ minutes: _____	_____ minutes: _____	_____ minutes: _____

*Aerobic activities are those that you can do at a steady pace for at least **15 minutes**. You should be breathing a little hard, but you *should not* feel out of breath.

TOTAL AEROBIC ACTIVITIES _____

TOTAL AEROBIC MINUTES _____

GAMES & SPORTS

Try for at least **two to three** each week

___ Tag ___ minutes	___ Basketball ___ minutes	___ Soccer ___ minutes
___ Volleyball ___ minutes	___ Wall Ball ___ minutes	___ Football ___ minutes
___ Ice Skating ___ minutes	___ Gymnastics ___ minute	___ Karate or Tae Kwon Do ___ minutes
_____ minutes: _____	_____ minutes: _____	_____ minutes: _____

TOTAL GAMES & SPORTS _____

TOTAL GAMES & SPORTS MINUTES _____

OTHER WORK & PLAY ACTIVITIES

Try for at least **two to three** each week

___ Chores ___ minutes	___ Gardening ___ minutes	___ Bowling ___ minutes
___ Golf ___ minutes	___ Hopscotch ___ minutes	___ Stretching ___ minutes
___ Tetherball ___ minutes		
_____ minutes: _____	_____ minutes: _____	_____ minutes: _____

TOTAL MINUTES OF ACTIVITY THIS WEEK _____

AVERAGE DAILY MINUTES THIS WEEK _____

(Divide the number above by 7)

TOTAL WORK & PLAY ACTIVITIES _____

TOTAL WORK & PLAY MINUTES _____